

Coping Skills Bingo

Use a stress ball	Arts and Crafts	Muscle relaxation	Take a Walk	Sew or crochet
Exercise	Try something new	Start a hobby or project	Cooking	Talk to someone
Use positive self-talk	Dance	FREE	Punch a Punching Bag	Read
Talk to a friend	Read a Funny Book	Take a Time Out	Play with a pet	Sleep
Deep breathing	Take a shower	Let yourself cry	Watch the Relaxing bottle	Listen to music

Coping Skills Bingo

Use positive self-talk	Watch the Relaxing bottle	Cooking	Read a Funny Book	Excerise
Take a Walk	Read	Muscle relaxation	Sleep	Dance
Punch a Punching Bag	Arts and Crafts	FREE	Play with a pet	Take a Time Out
Listen to music	Use a stress ball	Let yourself cry	Talk to a friend	Deep breathing
Sew or crochet	Pray or meditate	Talk to someone	Start a hobby or project	Try something new

Coping Skills Bingo

Talk to a friend	Play with a pet	Use positive self-talk	Listen to music	Take a Walk
Take a shower	Talk to someone	Watch the Relaxing bottle	Read a Funny Book	Dance
Take a Time Out	Cooking	FREE	Punch a Punching Bag	Muscle relaxation
Pray or meditate	Sew or crochet	Deep breathing	Arts and Crafts	Use a stress ball
Try something new	Start a hobby or project	Read	Sleep	Let yourself cry